

# Establishing a Routine

You can complete the highlighted fields on this form online and then print the form for easy reference. Only text that is visible on the form is printed; scrolled text will not print. Any text you enter into these fields will be cleared when you close the form; you cannot save it.

Use this form to problem-solve and establish a routine.

What is the problem?

What time of day or activity can be used to help you remember?

What are the steps in the routine that you need to make into a habit?

- 1.
- 2.
- 3.

What will you use to remind you to follow the routine?

We will keep track of the number of times you follow the routine by:

Plan ways to reward your child for each success. Create bonus rewards for a day in which your child remembers and completes approximately 90% to 100% of a routine.



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